

Mediterranean Vegetables Quiche

🕒 80 min 🍽️ 8 servings

Per serving: 234 Kcal 6g Protein 13g Fat 23g Carbs

Ingredients

- **Pie crust, refrigerated, regular, unbaked**, 1 pie crust (average weight) (229 g)
- **Egg, whole, raw, fresh**, 6 egg (258 g)
- **Sweet potato, cooked, boiled, without skin, with salt**, 2 medium (302 g)
- **Peppers, sweet, red, sauteed**, 1 cup chopped (106 g)
- **Spinach, raw**, 2 cups (58 g)
- **Pepper, capsicum, red, boiled in unsalted water**, 100 grams (100 g)
- **Parsley, fresh**, 2 handful (14 g)
- **Olive oil**, 2 tsp (9 g)
- **Himalayan salt**, 5 g



Instructions

1. Preheat your oven to 180°C (350°F)
2. Grab your pie crust, take it out of the freezer now so it has time to soften a bit.
3. Prep your vegetables: Wash, peel, and chop everything. Think sweet potatoes, broccoli, leeks, spinach, peppers, even carrots.
4. Cook them according to texture:
 - Boil the firm veggies (like sweet potatoes, broccoli, or carrots) in lightly salted water until tender but not mushy.
 - Sauté the soft or leafy ones (like spinach, bell peppers, leeks, or cabbage) in a pan with a splash of olive oil.
 - Season with salt, pepper, and your favorite herbs (fresh or dry thyme and parsley are a great choice). Always season vegetables during cooking, not after, it makes a world of difference.
5. Whisk the eggs: Crack 6 eggs into a bowl and beat them until fluffy. Add 3-4 tbsp of unsweetened oat milk to lighten the texture (or 3-4 tbsp of plain water). You can add a pinch of salt, or some nutmeg.

6. Prepare your quiche tin: Grease it lightly if needed, then lay down your pie crust. Using a fork, gently poke a few holes in the base to prevent bubbles and help it cook evenly.
7. Assemble: Spread your cooked veggies evenly into the tin, then pour over the beaten eggs. Make sure it's level, every bite deserves equal veggie-to-egg ratio!
8. Bake: Slide it into the preheated oven for 30 to 35 minutes until the top is just golden and the center is set. A little jiggle in the middle is okay—it will firm up as it cools.

Comments

Serve it warm and ideally with:

A side of brown rice or quinoa for slow-release energy and added fiber.

A tablespoon of sour cream or a dollop of Greek yogurt for extra creaminess and protein.

Bonus: top with fresh parsley or arugula for that final Mediterranean flourish.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1873.4	173.3	234.2
Protein [g]	47.3	4.4	5.9
Fat [g]	106.2	9.8	13.3
Carbs [g]	185.8	17.2	23.2
Fiber [g]	17.7	1.6	2.2
Net Carbs [g]	168.1	15.6	21



10 % Protein 51 % Fat 39 % Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	340.2	31.5	42.5
Iron, Fe [mg]	12.4	1.1	1.6
Magnesium, Mg [mg]	179.2	16.6	22.4
Phosphorus, P [mg]	791.4	73.2	98.9
Potassium, K [mg]	1982.7	183.4	247.8
Sodium, Na [mg]	4073.3	376.8	509.2
Zinc, Zn [mg]	5.2	0.5	0.7

Vitamin A, RAE [ug]	3369.8	311.7	421.2
Vitamin E [mg]	13.5	1.2	1.7
Vitamin D [ug]	5.2	0.5	0.7
Vitamin C [mg]	335.1	31	41.9
Thiamin [mg]	0.6	0.1	0.1
Riboflavin [mg]	1.7	0.2	0.2
Niacin [mg]	6.6	0.6	0.8
Vitamin B6 [mg]	1.7	0.2	0.2
Vitamin B12 [ug]	2.3	0.2	0.3
Vitamin K [ug]	541.2	50.1	67.7